

mindfulness

for chronic pain

For Veterans and their families

Facilitated by licensed Occupational Therapists

Funded by the Veteran and Family Wellbeing Fund

Program Benefits:

- reduce chronic pain
- reduce symptoms of stress and burnout
- ease transition from traumas and significant life events
- improve life balance and prevent illness
- improve sleep

Location: Whitelaw Rehabilitation, #100, 6960 Roper Road

Times: afternoons 3:00—5:30 pm or evenings 6:00-8:30 pm

Dates:

September 4, 2019: 3:00—4:00 pm or 6:00—7:00 pm orientation and initial evaluation

September 18 – December 4, 2019, 3:00-5:30 pm or 6:00—8:30 pm, (every Wednesday for 12 weeks)

December 18, 2019: 3:00—4:00 pm or 6:00-7:00 pm final evaluation and focus group

For more information and to register contact:

Bonnie Klassen, BSc(OT), MSc. at klassenrehab@shaw.ca